

# Fieldwork Students' Perspectives on Implementing Meaningful Change in Role-Emerging Community Behavioral Health Fieldwork



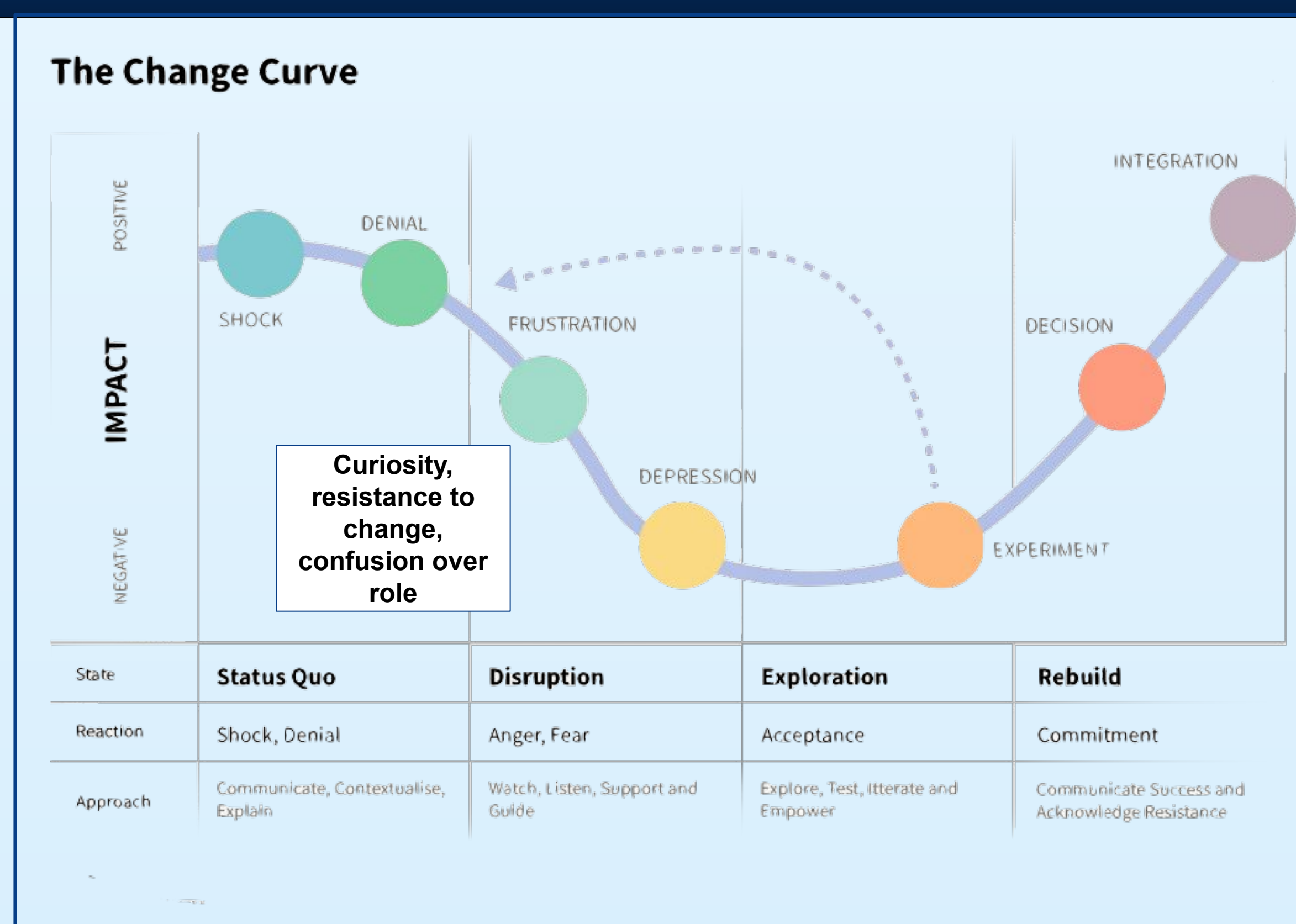
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## Abstract

- May 15 2023- Occupational Therapy Mental Health Parity Act reintroduced in the Senate to expand access to OT services for mental and behavioral health disorders under Medicare (Parsons, 2023).
- As access to OT mental health services increases, fieldwork experiences in this practice area demands an increase. Practitioners committed to providing mental health services must learn from successful initiatives to continue expansion of related OT services (Tewfik and Scott, 2022).

## Building Interdisciplinary Partnerships



Kubler Ross Change Curve - Mutomarro, change for good. Mutomarro. (2023, November 23). <https://mutomarro.com/change-curve/>

"Thank you for bringing your uplifting gift of 'Wellness' to the students... Your innovative ideas and exercises were loads of fun and helpful."

"It's the highlight of my week seeing them get so into an activity when they're working so hard all day."

"Thank you for... jumping right in, creating and giving staff and families the opportunity to learn more of what OT has to offer us all."

## Establishing Permanent OT Group

- Creative self-expression group
- Compiled evidence for why this group is helpful with this population for the director at The Upper Room- started as 4-week limited time program
- Supply list, group planners, purpose of group
- Diversion students began participating as part of their contract
- The group continues to run today at The Upper Room

## FIELDWORK TIMELINE

WEEKS 1-12

1. Attended existing groups and learned about programs offered for various populations
2. Met with program coordinators to educate about OT role and collaborate
3. Created planners and began running 1-2 OT groups within existing programs
4. Facilitated 3-4 OT groups within existing programs, began meetings for 1:1 sessions
5. Led staff inservice about OT role in mental health & OT programming
6. Began planning for 'Expressions' OT group & facilitated 4-5 groups
- 7-8. 'Expressions' marketing & continued OT programming in 1:1 sessions and groups
- 9-10. Launched 'Expressions' & met with staff regarding continuation of program
- 11-12. Discharged 1:1 students & completed final resource binder of program plans

## A Week In The Life

- **Food Pantry**- Meal prep education, resources for family occupational wellness
- **Community Service**- Emotional regulation, sleep, coping skills with teens.
- **OSS**- Strengths-based engagement groups for students
- **Parenting Group for Grandparents**- Supporting positive behaviors
- **Teen Parenting**- Money management, self-care, and family routines.
- **Diversion Panel**- 1:1 OT intervention as part of Juvenile Diversion contract.
- **Library Playgroup**- Gross motor, fine motor, and sensory groups.
- **HiSET**- Life skills, sleep routines, personal strengths, and time management.
- **1:1 Sessions**- Offered to all students, focusing on stress management, communication, emotional regulation, self-advocacy, and decision making.

| Monday            | Tuesday                          | Wednesday       | Thursday                 | Friday            |
|-------------------|----------------------------------|-----------------|--------------------------|-------------------|
| Food Pantry       | OSS (Out of School Suspension)   | Expressions!    | Group planning from home | Library PlayGroup |
| Community Service | HiSET                            | Teen Parenting  |                          |                   |
| 1:1 Sessions      | Parenting Group for Grandparents | Diversion Panel | Teen Support Group       | 1:1 Sessions      |

## OT Advocacy

- What is occupational therapy?
- OT's unique role in mental health and community settings.
- Pushing in to what exists vs creating new
- OT group framework- Cole's 7 Steps
- Sharing SOAP notes and planners with staff
- Final resource projects that highlighted the OT approach to groups



## Leaving A Mark

See our planners here!

